

National Champions:

1988

Lisa Kelly (High Jump)

Anna Prineas (3,000m)

All-American:

1985

Melissa Hamilton (55m)

1988

Anna Prineas (3,000m)

Lisa Kelly (HJ)

1989

Anna Prineas (3,000m)

1991

Aminah Ricks (5th-55m)

1994

Aminah Ricks (55m)

1996

Kate Ainsworth (800m)

1997

Busola Akinwale (LJ)

1998

Busola Akinwale (LJ)

1999

Sandra Helquist

2000

Sandra Helquist

All Conference:

1985

Amy Fitzgibbon (1,000m)

Melissa Hamilton (55m)

Lisa Kelly (HJ)

1986

Amy Fitzgibbon (1,000m)

Lisa Kelly (HJ)

Hyslop, Huber, Wren, Fitzgibbon (3,200m relay)

1987

Lisa Kelly (HJ)

1988

Lisa Kelly (HJ)

Kathy McGuire (400m)

Kristen McGuire (TJ, 600 yd.)

Anna Prineas (3,000m, 1,500m)

Jennifer Streefland (pentathlon)

1989

Anna Prineas (1,500m, 3,000m)

Shelley Scherer (1,000m)

Scherer, Bing, Deffenbacher, Prineas (3,200 relay)

1990

Eithne Barton (600 yd.)

Jennifer Streefland (LJ, pentathlon, 55m hurdles)

Jennifer Keeley, Barton, Teri Stella, Streefland (1,600m relay)

Stella, Keeley, Streefland, Barton (sprint medley)

1991

Liz Butler (pentathlon, HJ)

Abby Hanson (400m)

Aminah Ricks (55m)

Teri Stella (400m)

Jennifer Streefland (pentathlon, 55m hurdles)

Stella, Hanson, Ricks, Streefland (sprint relay)

1992

Aminah Ricks (55m, 300m)

Samara Reck-Peterson (5,000m)

1993

Jolene Beitz (55m hurdles)

Aminah Ricks (55m)

Lisa Scott (1,000m)

Ricks, Lisa Guckenberger, Emily Beardsley, Beitz (sprint medley relay)

Sarah Roth, Jennifer Keeley, Scott, Kate Ainsworth (3,200m relay)

1994

Michelle Eisenreich (shot put)

Aminah Ricks (55m, 200m, 400m)

Sarah Roth (1,500m)

Kate Ainsworth
Jolene Beitz
Lauren Persha
Sarah Reed, Roth, Jordan Aitchison, Meg Hoyt (4 x 800 relay)

1995

Kate Ainsworth
Busola Akinwale
Jolene Beitz
Michelle Eisenreich
Anne Fiechtner
Lauren Persha
Lisa Scott
Heidi Sickler

1996

Busola Akinwale (55m HH, LJ)
Michelle Eisenreich (shot put)
Lauren Hafner (3,000m, 5,000m)
Andrea Mosher (3,000m)
Kate Ainsworth
Heidi Sickler
Akinwale, Jolene Beitz, Malia Ireland, Anne Fiechtner (800m relay)
Shannon Stroschein, Katherine Kosseff, Sickler, Ainsworth (4 x 800m relay)

1997

Busola Akinwale (LJ, 55m hurdles)
Heidi Sickler (1,000m, 1,500m)
Kelly Tan (55m hurdles)
Tan, Malia Ireland, Akinwale, Anne Fiechtner (4 x 200m relay)

1999

Sandra Helquist (pentathlon)
Andrea Mosher (5,000m)
Carrie Stuart (60m HH)
Julia Larson
Laurie Peterson
Kelly Tan
Gail Teitzel
Tamra Thayer
Helquist, Stuart, Sarah Paul, Erin Quinn (4 x 400m relay)

2000

Sandy Helquist (200m, 400m, pentathlon)
Gail Teitzel (3,000m)

2001

Laura Bloedorn (3,000m, 5,000m)

Liz Cassel (500m)

Sarah Lang (300m)

Sarah Paul (pentathlon)

Carrie Stuart (400m)

Tamra Thayer (300m)

2002

Laura Bloedorn (3,000m, 5,000m)

Muggy Lee (1,500m)

Emily Scotton (3,000m)

Carrie Stuart (800m, LJ)

Melissa Grunst, Tamra Thayer, Kristin O'Connell, Andrea Grunst (distance medley relay)

2003

Laura Bloedorn (1st-3,000m, 1st-5,000m)

Kim Davis (2nd-pentathlon)

Becky Schaumberg, Davis, Laura Hudson, Bloedorn (1st-distance medley relay)

2004

Cassie Funke (1st-3000m, 2nd-5000m)

Andrea Grunst (2nd-3000m, 3rd-5000m)

Melissa Grunst (3rd-3000m)

Julia Lippitt (2nd-HJ)

Melissa Logan (1st-weight throw)

2005

Molly Christian (1st-weight throw)

Julia Lippitt (2nd-HJ)

Liz Durham (3rd-weight throw)

Rachel Sinclair (2nd-shotput)

Katherine Wingert (3rd-1000m)

2006

Lindsey Nietmann (1st-1000m)

2007

Katherine Wingert (1st-1000m, 1st-mile)

Karen Campbell (1st-3000m, 3rd-5000m)

Kelsey Barale (2nd-1000m)

Barale, Sarah Forzley, Vanessa Brown, Eva Luderowski (2nd-distance medley relay)

Additional Awards:

1989

Honda Award (Div. III Woman of the Year): Anna Prineas

1994

MIAC M.V.P.: Aminah Ricks

1999

Ele Hanson Award: Abby Forster

Pat Lamb Award: Sandra Helquist

2000

Pat Lamb Award: Sandra Helquist

2001

Ele Hanson Award: Carrie Stuart

2003

All American honorable mention: Laura Bloedorn (9th-5,000m)

MIAC Track Athlete of the Week: Laura Bloedorn

Pat Lamb Award: Laura Bloedorn

2005

MIAC Track Athlete of the Week: Katherine Wingert

MIAC Field Athlete of the Week: Liz Durham

2006

MIAC Track Athlete of the Week: Katherine Wingert